

SPORTS & FITNESS

B SECTION

On Post

Newman Fitness Center to close for renovation
Newman Fitness Center will be closed Jan. 2, 2005 for renovation and will remain closed until complete.

Basketball, Cheerleading
Youth basketball and cheerleading registration is now underway, and ends Friday or when teams are full.
Register for teams Monday through Friday from 8 a.m. to 6 p.m. at Child and Youth Services, Building 443.
Registration is open and free to CYS members. Basketball is open to ages 5 through 18, and cheerleading is open to ages 6 through 13.
Uniforms will be provided by CYS.

Newman Consultations
The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling.
For more information, call 767-2771.

Sports USA Events
Weekly events — Monday Night Football, 4 p.m., Thirsty Thursdays drink specials, 4 p.m. to 12 a.m. Friday, Top 40/R&B DJ, 9 p.m. to 3 a.m. Saturday College football and NASCAR, open to 4 a.m., Sunday Ticket Football, NASCAR.

Pilates
Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. For more information call Jake at 767-3033.

Ski Trip
MWR is holding a two-day trip to Ski Beech Mountain Jan. 22 through 23 at Beech Mountain, North Carolina
The bus departs at midnight Jan. 22 from Fort Stewart Leisure Activities Center (Bldg 443) and from Hunter Outdoor Recreation (Bldg 8454) and returns at 10 p.m. Jan. 23.
The price includes: transportation, overnight motel stay, ski lift and equipment rental (Ski or Snowboard. The cost is adults \$185 and children \$145
Children under the age of 18 must be accompanied by an adult.
There must be 25 people registered and paid in full by Jan. 15 to proceed with trip.

Bowling
Bowl for \$1 and get shoes for \$.75 on Fridays, 11 a.m. to 6 p.m. Bowl for \$1.25 and \$1 for shoes Sunday, Family Day, all day at Marne Lanes Bowling Center.

Off Post

PT Alert
Units can schedule a PT session with a YMCA aerobics or kick boxing instructor at either Fort Stewart or our Hinesville facility.
There is no charge for this service.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-9366. Deadline is noon on Fridays.

Battlekings mix it up at PT



Spc. Ben Brody

Jamie Shaver, fitness director at the Hinesville YMCA, keeps 1/9 Soldiers moving to the sounds of glam rock during PT Dec. 3.

Spc. Ben Brody
2nd Bde. PAO

Soldiers from B Battery, 1st Battalion, 9th Field Artillery Regiment were treated to a visit from four fitness trainers from the Hinesville YMCA.
They conducted aerobics set to music under their guidance during physical training Dec. 3.
The sounds of Motley Crüe, Guns N' Roses and Quiet Riot at full volume caused nearby run groups to change their routes and pass by to see the Battlekings striding, kicking and sweating.
"The Soldiers have been looking forward to this," said Staff Sgt. Fredrick Harris, battery master fitness trainer. "It's a good opportunity to mix things up and try some new things."
After stretching in the usual manner, Jamie Shaver, fitness director at the YMCA, showed the troops the basic movements and gradually increased the pace until the group moved in unison.
"Jamie and I used to do this at PT regularly," said Dr. Dan Cooke, a local chiropractor and aerobics guru. "It's always an adventure coming to Fort Stewart — we'd like to do this more often."
Soldiers tried to stay with the unfamiliar rhythms as Cooke led them on an aerobic journey through the world of fantasy kickboxing.
Fitness trainer Richard Somerville watched and photographed most of the PT session, but he got down to lead Soldiers in some straight-leg sit ups that had the formation groaning.
"I mostly do weight training,

See AEROBICS, Page 2B

Soldiers Run Honolulu Marathon at Fire Base in Afghanistan

Master Sgt. Terry Anderson
Combined Joint Task Force-76 Public Affairs Office

BAGRAM AIRFIELD, Afghanistan — Running in his first ever marathon with limited training, 1st Lt. Mike Baskin beat the field Dec. 12 in a race held in the birthplace of the Taliban in southern Afghanistan.
One hundred and ninety one service members and civilians completed the Honolulu Marathon at Forward Operating Base Ripley. Runners traveled to the base from all over Afghanistan, arriving by helicopter early on the morning of the race.
"I wasn't actually supposed to be here to run it," said Baskin, the acting company commander for Company A, 2nd Battalion, 5th Infantry Regiment. "Our company commander is on leave and I wasn't supposed to leave Forward Operating Base Anaconda, but I worked it out with our battalion commander, and here I am."
Baskin, a 24-year old California native, finished the 26.2 miles in 3

hours, 12 minutes and 16 seconds, more than 15 minutes ahead of second place runner and friend, Capt. Ian Grimstead. Spc. Jill Stevens was the first female runner to cross the finish line in 3 hours, 45 minutes, and 20 seconds, placing her seventh overall.
"Me and Capt. Grimstead joked with each other on who was going to win the race," Baskin said. "But we all came out and our main goal was to have fun, it's something non-mission related that we've enjoyed."
Capt. Ivan Hurlburt, a signal officer with 2nd Battalion 5th Infantry Regiment, helped organize the race at Forward Operating Base Ripley, an austere base north of Kandahar. Hurlburt coordinated with the Honolulu Marathon Association organizers to get official running numbers, finisher shirts, medals, and the shell lei given to every finisher. Private organizations donated prizes to the Honolulu Marathon Association for the runners, ensuring no one left Tarin Kowt empty handed. Hurlburt and the rest of the



Sgt. Jeremy Clawson

An imposing view from the bottom of 'mini-Diamond Head', as runners push themselves up the hardest part of the marathon course.
'Bobcats' hosted the marathon and provided all of the logistical support for the race.
Artillerymen from 3rd Battalion, 7th Field Artillery regiment fired the artillery cannon that began the race. Engineers from the 65th Engineer Battalion assisted in flattening the run route prior to the

race.
The runners had to run the perimeter of the base five times, battling a hill dubbed "mini-Diamond Head" halfway around the airfield. An unexpected rain shower the night before kept the

See RUNNING, Page 2B



Courtesy photo

Chad Marzec

Army Ranked Fifth In Latest EIWA Rankings

Special to The Frontline
goArmysports.com

WEST POINT, N.Y. — The Army wrestling team is listed fifth in the latest EIWA rankings, which were released Tuesday morning. The Black Knights boast seven wrestlers among the Top six in their individual weight classes. It is Army's highest team ranking since 2003, and the seven ranked wrestlers are the most since it had six ranked during the 2001-02 season.
Army (5-0) is currently ranked No. 25 in the nation by several national polls. The Black Knights, who knocked off nationally ranked Chattanooga earlier this season, were picked to finish sixth in the EIWA preseason poll.
Senior Phillip Simpson leads the contingent of Army grapplers ranked among the Top six by the EIWA. The Nashville, Tenn., product, who is listed third in the country at 149 pounds by all major wrestling polls, is ranked second in the conference. Simpson, a two-time All-American, sports a career record of 113-18.
Juniors Tony Severo and Luke Calvert are listed fourth in the league at 133 pounds and 184 pounds, respectively.

Severo is tied for the team lead with 11 victories this season and has racked up three wins for bonus points. Calvert, ranked No. 17 by the latest Amateur Wrestling News national poll, is 9-3 on the year, including a 4-1 mark in dual matches.
Joe Forsman, Patrick Simpson and Todd Wisman all hold down the No. 5 spot in their respective weight classes. Forsman, a senior, is fifth in the heavyweight division. The Sandpoint, Idaho, native is 6-3 this year with a major decision victory to his credit.
Patrick Simpson, meanwhile, is fifth at 141 pounds. The brother of Army's Phillip Simpson, Patrick has compiled an impressive 10-4 record through his first 14 bouts. Wisman, who is listed fifth at 197 pounds, has won five of his last six matches and is currently 9-5 overall this season.
Chad Marzec rounds out Army's list of ranked wrestlers. The junior, who is 4-1 in dual matches this season, has won his last three bouts and four of his last five overall. He is ranked sixth at 165 pounds.
Army will remain idle until Thursday, Jan. 6 when the Black Knights travel to Norman, Okla., for a dual match versus the sixth-ranked Sooners.

Running

from page 1B

dust down, but made parts of the course muddy.

The base is at 4,400 feet in elevation and the thin mountain air presented a challenge to all the runners.

“That’s just part of the beauty of running here in Afghanistan,” Hurlburt said. “It’s a little more difficult than your average marathon, and it’s a little more exciting, we think.”

Part of the excitement was the possibility of direct or indirect attacks by insurgents, attacks that never materialized.

The run course consisted of gravel and rock, adding to the race’s difficulty.

Palm trees made of wood decorated the run route to remind the service members of their home in Hawaii, helping the runners to endure the grueling monotony of the marathon.

“Running a marathon in Afghanistan is

interesting,” said Stevens, a Soldier with 1st Battalion, 211th Aviation Regiment, running in her fifth marathon. “It is a combat zone and you’ve got to be careful where you step, but I’ll be proud and honored to finish a marathon in Afghanistan.”

Holding a successful marathon in an area that was once the home of Taliban founder Mullah Omar seemed an unreachable goal just eight months ago, when the ‘Bobcats’ deployed to Afghanistan. Now, it’s a reality.

“It’s a testament to the soldiers and the Marines, and the work that we’ve done here, especially in this province,” Hurlburt said. “When we got here there was literally nothing on the ground, except a flight line. We’ve built this area up to a point where we can actually hold an event like this. We’re real proud of that.”



Sgt. Jeremy Clawson

Runners struggle up 'mini-Diamond Head' halfway around Forward Operating Base Ripley in southern Afghanistan.



Spc. Ben Brody

Christina Anthony, a fitness trainer, leads Soldiers in aerobic exercises during PT Dec. 3.

Aerobics

from page 1B

not aerobics,” Somerville said. “I’ve trained Soldiers before in the weight room, here and some reserves from Dublin, Georgia.”

“This is a good change of pace,” said Capt. Roy Beeson, B Btry. commander. “I’m not going to lie — I’m smoked!”

“These aerobics are no joke,” a perspiring 1st Sgt. William Zito, Jr. agreed.

Lt. Col. Steven Merkel, 1/9 commander and Command Sgt. Maj. Tony Smith participated during the PT session and thanked the instructors for their help.

“We’re going to try to do this once a month,” Zito said.

He added, “It’s motivating, and it’s good to change things up.”

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